



## Living Longer and Stronger in Sno-Valley

The Seattle-King County Advisory Council on Aging & Disability Services and Sno-Valley Senior Center invite you to attend a special forum on strategies for aging in place in a rural environment

**Friday, May 8, 2015**

11:00 a.m. sign-in & resource tables | 11:45 a.m.–1:00 p.m. lunch & speaker

**Sno-Valley Senior Center**  
**4610 Stephens Avenue, Carnation**

*in the heart of the beautiful Snoqualmie Valley*

For directions, call 425-333-4152 or visit <https://goo.gl/maps/pWJxX>

**What do you need to remain in your home? Come hear:**

- **Liz Mercer**, Washington State Office of the Insurance Commissioner:
  - Safety net health care programs
  - Medicare
  - Medicaid
  - Learn how to serve as a Statewide Health Insurance Benefits Advisor (SHIBA)
- **Laura Smith**—Overview of Snoqualmie Valley resources
- **Michelle Maeda**, Evergreen Health Care—Caregiver support and in-home care options
- **Peggy McNamara**—Snoqualmie Valley housing options and Sno-Valley Adult Day Health
- **Resource information**—Minor Home Repair, Volunteer Transportation, free medical equipment, and more!

A low-cost lunch is available. For more information, call 425-333-4152.



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The mission of the Seattle-King County Advisory Council for Aging & Disability Services is to identify the needs of older people and adults with disabilities in our community; advise on services to meet these needs; and advocate for local, state and national programs that promote quality of life for these populations. [www.agingkingcounty.org/advisory-council](http://www.agingkingcounty.org/advisory-council)